



# Dealing with Bullying and Other Mean Behavior

The following slides are part of an educational presentation for adults on bullying and dealing with mean behavior. The slides do not contain the speaking part of this presentation and explanations of this information.

Most of this information is also taught to students in a few different ways in addition to using situational hypotheticals.

# Bullying v.

# Normal Conflict

- Imbalance of power
- Repeated negative actions
- Purposeful
- Serious with threats
- Attempt to gain power, attention, or material things
- Blames the victim
- Equal power or friends
- Happens occasionally
- Accidental
- Not serious
- Not seeking power, attention, or material things
- Takes responsibility and tries to solve the problem

For the purposes of developing our knowledge about dealing with mean behavior and bullying, we may use *bully* to identify the person who did or said something mean regardless of the behavior qualifying as bullying.

# Strategies

- Use polite words and try I-Statements. Let them know you want it to stop.
- Ignore.
- Use your I MEAN IT voice and tell the person to STOP.
- Walk away.
- Ask a group of friends to help you stand up to the person picking on you.

# Strategies

- Agree with the insult.
- Stay around friends.
- Stand up for someone that is being bullied or picked on -- UPSTAND!
- Talk to an adult.

# Why don't kids deal with this?

1. Sometimes kids have been told the wrong thing, like "bullies only bully because they feel bad about themselves."

This is not true.

Eight out of ten people who chronically bully, feel very self-confident and feel even stronger if they bully others they see as weaker.

# Why don't kids deal with this?

2. Because sometimes kids have seen adults (who with all good intention) tried to facilitate talking it out and the kid who was truly hurt is put on the spot in front of the kid who did the mean behavior.

We should speak with the kid who was the victim of the mean behavior alone. Ask them for witnesses.

Speak to witnesses alone or have them write what they saw and heard.

Then speak to the kid(s) who bullied about what they did. Tell that child how many other people heard/saw it.

We should never force a child to apologize and force another child to accept an apology.

# Why don't kids deal with this?

3. Kids are afraid that the mean behavior will get worse, because it usually does, just not where the adults can see or hear it.

We can fix this by scheduling time to follow up in a week, then two weeks, then four weeks, then in 2 months, etc...

Tell everyone involved that you will be following up in this way. Communicate that to all stakeholders.

Let all involved know that if this bullying behavior continues, consequences will be greater the next time something happens.

# Why don't kids deal with it when they are seeing it (bystanding)?

4. They may have been told, "If it does not involve you, stay out of it," or "M.Y.O.B."

We can teach them better than this. Imagine all the atrocities of society continuing because everyone "Minded their own business." It has always been someone who will do the right thing that makes the world a better place. Shouldn't we teach our children how to do that? Won't our children be more confident and capable if they begin to learn when and how to do the right thing at an early age?

What do you do when  
someone is being picked  
on or bullied?

Research tells us that in schools and communities where children have been taught to "do the right thing" or "stand up" for someone, children feel safer, there is less bullying, and students achieve higher grades and test scores.

Friends of the person  
bullying



Bully's Best  
Supporter

Bully's  
Supporter

Upstander



Bystanders

Possible  
Upstanders



# UPSTANDING

- Standing up for someone who is being picked on or bullied lets the bully know that it won't be tolerated. Being there for the person being picked on makes that person feel better.



Ways to UPSTAND

# Ways to UPSTAND

- If you're in a group of friends and they start talking mean about someone else, change the subject or say something true and nice about that person.
- Tell the person picking to stop and leave the one being picked on alone by saying something like, "Stop saying those words. They're mean." You don't usually have to yell.
- Be a friend. Walk over to the person being picked on and invite him or her to come play with you.

# Ways to UPSTAND

- Ask the person picking on someone, "How would you like it if someone was saying that about (or doing that to) you?"
- Tell the person who was being picked on, "Don't listen to them. What they said is not true. Come over here to play."
- Get a friend(s) to help you confront the person who was picking on someone. Stand together and say, "We don't like the way you \_\_\_\_\_. We want you to stop."

# Ways to UPSTAND

- Be kind to and invite someone who is left out to join you.
- Encourage others to do the right thing and not leave anyone out.
- *ALWAYS* report to an adult that can help if someone is *HURT* or *SCARED*. *(Teach children how to do this with you in the classroom, at home, in EDP, in specials, etc...)*
- Talk over these issues with an adult you know understands this, like your teacher. It is good to let them know what is going on.

# Telling v. Tattling

- Purpose is to keep people safe
- Important
- Harmful or dangerous (physically or psychologically)
- Need help from an adult to solve the problem
- Purpose is to get someone in trouble
- Unimportant
- Harmless or not dangerous
- Problem can be solved by self
- Behavior being told on is accidental